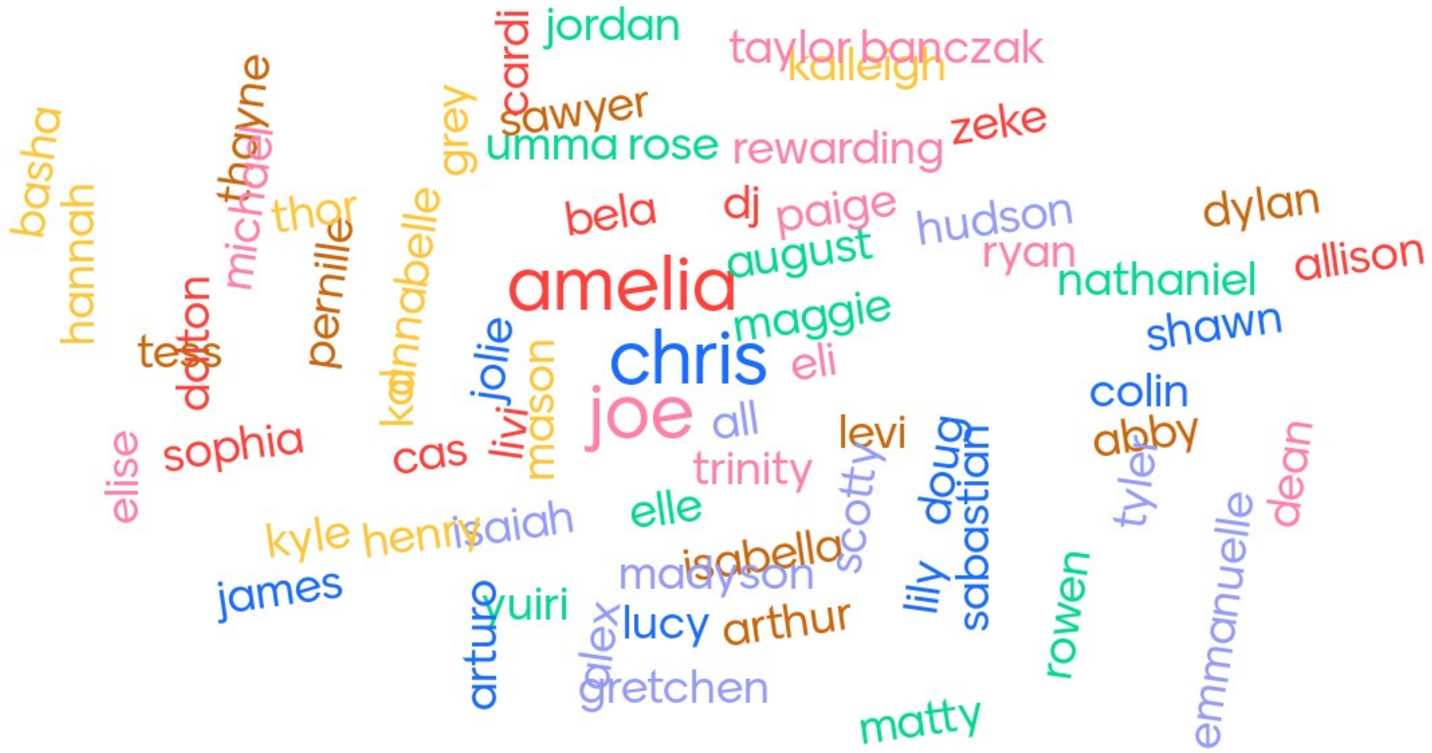
PRACTICE: What's the name of a camper who had a GREAT time this summer?

Mentimeter



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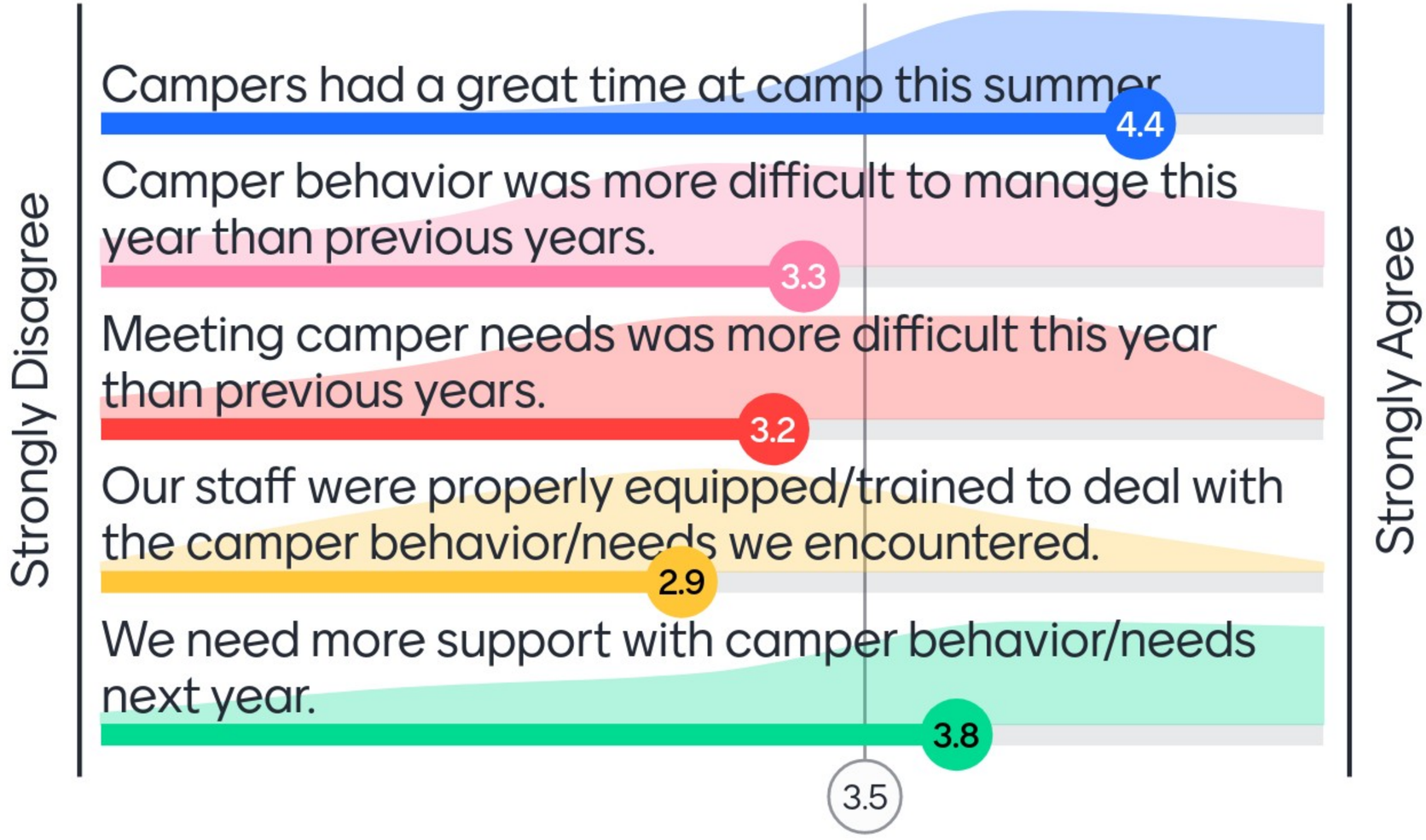
What one word describes your experience working with campers this summer?



Mentimeter

How true are these statements?

Mentimeter



What new camper needs did you encounter this summer?

Mentimeter

- Overstimulation
- Housing requests based on gender identity
- Mental health
- Need more and more downtime and options in activities
- trauma response
- maybe not new, but so so many meds
- Social-emotional
- Campers unable to live in group setting (overnight camp)
- Increased homesickness

51

What new camper needs did you encounter this summer?

Mentimeter

Physical fights

Difficulty handling emotions at all

Attention

Mental Health

emotional/mental health

gender identity

Even more emotional needs

Campers didn't know how to navigate their on basic conflicts.

This was our first year. But we noticed alot of Sensory struggles more than expected. So learning this we can improve on!

51

What new camper needs did you encounter this summer?

Mentimeter

Camper's mental health needs far outstripped our expectations.

Campers wanted to connect with home over the phone more often than in previous summers, especially after being isolated at home for a few years with COVID-19.

specific group requests

Increased Separation Anxiety

Entitlement

New pronouns and maintaining safety from families

more intense food allergies/dietary restrictionslack of understanding in social situations

homesickness

Not new, but just continuing to see an increase in mental health challenges

51

What new camper needs did you encounter this summer?

Mentimeter

I find kids are just more unkind to one another than in pre-COVID years. The mean behavior is pervasive and harsh.

Nothing felt new, just more specific and intense with fewer campers.

Transitions

Coming out to parents

Expressing emotions

sibling rivalry

Overstimulation

Needing more access to technology/requests for technology

More medications and a need for a more robust medical team. More mental health issues

51

What new camper needs did you encounter this summer?

Mentimeter

More creativity

understanding personal boundaries (touch, space, alone time)

Interpersonal communication

Setting goals

More physical

Suicide risk and self-harm

Overstimulation

A camper had lost his brother and father months prior to the start of camp.

More widespread difficulty with no cell phones

51

What new camper needs did you encounter this summer?

Mentimeter

high anxiety

Overstimulation

Low social skills to negotiate internal camper conflict

Larger number of campers questioning their identity

gender identity in an area of the country that may not accept them

An increase in Special Needs campers, and campers with mental health concerns. Working with campers on them using microagressions or even slurs occasionally

A lot of injuries and sickness.

social skills - understanding/developing/maintaining healthy friendships

Aggression

51

What new camper needs did you encounter this summer?

Mentimeter

More child directed activities

Physically violent

Inappropriate sexual curiosity

more resistance to authority/following rules

There were a LOT more mental health needs. Also, we saw a lot of toxic masculinity and homophobia, which we have not encountered before

Second: Physical fights

physical fights

Overstimulation for SURE, handling emotions. Mental health (more talk of self harm than I've ever experienced in the last 10 years as a director).

Conflict resolution

51

What new camper needs did you encounter this summer?

Mentimeter

Campers didn't know how to be together, thing escalated quickly (positively and challenging)

Medical needs that we weren't prepared for (not included on registration form)

Interpersonal stuff — dealing with disagreements in groups

camper mental health and navigating social groups with different identities

More homesickness

Less honesty from campers

More medical staff due to meds overload

A lot more neurodivergent campers with less information from parents.

Overbearing parents

51

What new camper needs did you encounter this summer?

Mentimeter

sexual exploration

kids saying/doing hurtful things to other campers without realizing they were being offensive

Second: sexual exploration w/no awareness

Not wanting to participate in any activities

Insecurity around friendships and what they should look like

Anxiety

Desire to fit in

talk about mental heath

Physical boundaries seemed to be a huge challenge

51

What new camper needs did you encounter this summer?

Mentimeter

i need parents to chill

Ability to hire more staff with MH knowledge

mental health support for staff

social emtional training

How to explain to staff what physical boundaries should look like with caregiving

Responding to trauma from loss

Mental Health Support / Provider for Staff

51

What themes did you see in camper behavior?

Mentimeter

Shorter fuses

Aggression

Looking out for each other, being protective of each other

Physical behaviors

More physical

anxiety

Overstimulation

heightened anxiety and reactivity

Lots of language exploration

41

What themes did you see in camper behavior?

Mentimeter

Cancelling

needed more direction and structure

a desire for respect

high emotions

Anxiety/Fear

Not able to make new friends as easily

Having big feelings but not being able to identify what those feelings were

Non existent emotional regulation

They bonded FAST and felt at home

41

What themes did you see in camper behavior?

Mentimeter

Repeat offenders.

Needing more direction

Rudeness, Entitlement, Not recognizing their impact on others

Attention seeking

Older campers helping out younger campers

limited flexibility - if schedule changed we saw a lot more acting out/negative behaviors.

Toxic masculinity

Once a bond was formed, it was solid. They looked out for each other fiercely

Campers either a) didn't have the tools to succeed or b) did not want to use their tools to succeed

41

What themes did you see in camper behavior?

Mentimeter

Cliques

Lack of attention

social development had a major interruption

Not listening to counselors

Challenges with social skills

More outbursts of emotion

annoyance at rules

increased behavioral conflicts in younger campers (COVID generation)

all about me - less concern for others

41

What themes did you see in camper behavior?

Mentimeter

More small group “clique” forming

Attention seeking

They Bonded fast and felt loved

focused on their own wants versus the group

Caring when others didn’t feel comfortable

Sense of family.

calling each other out instead of in

Campers bringing close friends with them to camp (cliques)

Needed adult intervention to do things kids should just know how to do like make friends

41

What themes did you see in camper behavior?

Mentimeter

Homesickness

Inability to handle downtime

Lack of boundaries

Lots of Microaggressions towards other campers and staff

They had a struggle with not enough down time

Campers wanting more independence/freedom

sexual curiosity and exploration - behavioral and verbal

need for physical touch (seeking more hugs, not knowing personal space boundaries)

Increased touch, but in a non-sexual way (for the most part)...like they just wanted physical connection

41

What themes did you see in camper behavior?

Mentimeter

Older campers taking leadership roles with younger campers

self-identifying with serious diagnoses

Cliques

LOVED being at camp

WE had several that changed chosen names several times

increased use of slurs/offensive language

inability to handle changes in plans

plugged in

Second: slurs and language

41

What themes did you see in camper behavior?

Mentimeter

bullying

41

What help/resources do you need for 2023?

Mentimeter

- More staff training
- Mental health first aid
- Trainings on how to balance sensory over loads.
- Ideas for new training ideas for staff
- More staff
- Specific mental health training for ALL STAFF
- Recorded trainings to share with staff
- more in dept mental health training for staff
- Trauma training

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What help/resources do you need for 2023?

Mentimeter

More robust medical team.

Examples of policies - don't want to reinvent the wheel

Networking for fundraising

Trauma response training

Hybrid/flexible schedule examples with adaptations built in for campers with emotional and neurological needs

Staff training!

Balancing safety with increased freedom for older campers

Staff training ideas when your orientation is a day and a half long

More training on deescalation techniques (or the ability to have a staff member to handle these things)

What help/resources do you need for 2023?

Mentimeter

positive behavior management

more staff

Trauma informed anything and everything!

More staff training specifically on how to manage Gen Z

more mental health resources that are accessible

i need another me. i need more people on my team. small teams dont work with the volume of MH needs we see.

Special Education Training for Staff

Second: mental health training

More training.

38

What help/resources do you need for 2023?

Mentimeter

Adding more role plays after training sessions

Mental health

More staff, and more mental health training for staff

Support on creating intake questions to properly assess camper needs.

more clear screening during application process around mental health

Guidance on Gender specific or non specific cabins

training on how to manage "challenging" conversations

More honesty and openness from parents in applications

Training on neuro-divergent children, that is appropriate for high school counselors

38

What help/resources do you need for 2023?

Mentimeter

More in depth staff training on de-escalation

How to help Staff navigate microaggressions with campers

Physical spaces/supervision for campers to take sensory breaks

Appropriate response to physical touch

need staff to come in feeling strong and ready - which is unrealistic! they are human too!

Language for how campers/staff can speak with others about their identity. How can staff come out to one another versus to their campers?

more tools about empowering staff to ask for help / knowing when they are in over their head; knowing more about when to draw the line between "we can help" and "we need to send this camper home"

DEI trainings

Onsite training for campers and conflict management and inclusion

38

What help/resources do you need for 2023?

Mentimeter

More inclusion specialists or mental health workers

how to restructure the camp day to best physically and mentally support campers

how to keep your staff from acting like the kids

Ideas to support staff - conflict resolution, positive behavior encouragement

mandated reporter / sexual abuse disclosure training

Tangible ways to help campers when they return home. When they feel safe and comfortable at camp, and then are launched back into their home lives, we'd love a way to support them more.

Staff Members getting more Behavior Managment Training in depth

How to support emotional outbursts as well as teach emotional awareness and management

keep staff focused on tasks and realize they are adults not there to be campers

38

What help/resources do you need for 2023?

Mentimeter

Support with managing gen z counselors

articulating what camp is to parents and what it's not. we need to better manage the expectations because they are getting so BIG!

managing different timelines of staff affecting ability to attend all of training

Trainings that can be used for CIT programs

Resources that staff can access on their own - training takes so much time that we don't always have.

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